

## Abatrast

A method for measuring dielectric constant of body endermic tissues and body impedance based on the method of frequency digital sampling and for evaluating body composition, inputting through the I/O interface of a microprocessor he measured body weight frequency signals, oscillating frequency signals related to dielectric constant of body endermic tissues and body impedance signals corresponding to non-fixed different frequencies, calculating through the software of the microprocessor the body fat content, total body water, ratio between intracellular water and total body water and displaying the body weight, body fat content ,total body water and ratio between intracellular water and total body water on the display;

A body composition monitor based on above method unit, which comprises weighing sensor and weighing signal processing circuit, and display unit.